

October BSBAC Buzz



An active life is a good life!

The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.



Health Capsule



Build Social Bonds to Protect Health The Power of Personal Connections

From an early age, we learn that nutritious foods and physical activity can help us stay healthy. Growing evidence now suggests that social connections may also be key to good health. Socially connected people tend to live longer. They're at lower risk for serious health problems. Social bonds are also linked to our mental health, eating habits, and much more.

Despite the links between our social ties and health, there's been a troubling increase in social disconnection around the world. About 1 in 3 adults nationwide report feeling lonely. About 1 in 4 say they lack social and emotional support.

Social Bonds. Many factors can contribute to a person feeling lonely. These include the quality of your personal relationships, your community, and society in general. Your personal health, life stage, and personality can also have an impact.

People who are socially isolated or feel lonely are more likely to have heart disease, obesity, high blood pressure, depression, or anxiety. They're also at increased risk for Alzheimer's disease or other types of dementia, and for early death.

The COVID-19 pandemic affected our relationships and feelings of isolation. But the breakdown of social bonds was growing long before

the pandemic. Over the past few decades, fewer people have been joining community groups or faith-based organizations.

Scientists are working to better understand the links between social bonds and our health. And they're looking for ways to counteract the effects of loneliness and social isolation.

"Humans are a social species. We are highly dependent on others from birth," says Dr. Elizabeth Necka, an NIH expert on social and behavioral science. "So feeling socially isolated can make you feel as though you're in a very stressful situation. And stress has been associated with chronic inflammation, which can have effects on cardiovascular health." Long-lasting inflammation has also been linked to cancer and other health problems. And our ability to biologically respond to stressors weakens with age.

New Connections. "If you're feeling lonely or socially disconnected, it can feel intimidating to try to form new connections," Necka says. For example, you might go to the grocery store at the same time every week and see the same clerk. You can smile and strike up a brief conversation. Over time, you might feel more comfortable connecting with others in different ways.

From: <https://newsinhealth.nih.gov/2025/03/build-social-bonds-protect-health>



How do I get info about the Center?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements



Note from the Center & Upcoming Events

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October Event Flyers & Special Events

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Brain Games

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Note from THE CENTER

As we welcome the hopefully cooler days of October, I'm reminded of the importance of connection, community, and care. At the Bulverde Spring Branch Activity Center, we continue to see firsthand how meaningful it is for older adults to gather, share stories, laugh, and support one another.

This month, our calendar is full of opportunities to celebrate the season together - from festive fall crafts to our ever-popular bingo, fitness classes, and social activities. Each program is designed not just to entertain, but to create spaces where friendships grow and loneliness fades.

We also have some great vendors and presentations this month for **Active Aging**. They will be sharing valuable resources on services, wellness, health, and lifestyle for older adults. These sessions will give members the chance to learn and connect with local providers.

As you read through this newsletter, I encourage you to mark your calendars, join us for an activity or two, and invite a friend along. Together, we are making this fall a season of warmth, fellowship, and fun.

Warm regards,
Reghan Swenson

Upcoming EVENTS

October 1
1:00pm - Book Club

October 3, 17
10:00am - Downsizing Workshop

October 10
10:00pm - Flu Shot Clinic

October 6, 20
10:00am - Mexican Train

October 7
10:00am - Presentation: Advance Directives Workshop

October 8
10:00am - Card Creations
1:30pm - Arts & Crafts Series: Pumpkin Hanger

October 9, 16, 23
9:30am - Daytrip to El Mercado, San Antonio Market Square



October 13, 27
12:35pm - Bunco

October 13
8:00am - Mammogram Bus

October 14
Pink Out Day - Wear Pink for Breast Cancer Awareness
11:45am - Lunch & Learn: Medicare 101

October 21
11:45am - Presentation: Veggie Confetti, How to Grow Microgreens

October 22
10:00am - Presentation: The Dementia Journey

October 27
9:30am - BSBAC Annual Meeting

October 31
11:00am - Halloween Party Potluck





October is Breast Cancer Awareness Month

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer — including metastatic breast cancer (MBC) — and the importance of early detection and access to timely, high-quality care. The mission of the Susan G. Komen Foundation is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

Since 1989, **Susan G. Komen** has helped drive down mortality rates from breast cancer thanks to our focus on early detection and improvements in treatment. And more progress is still needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease, especially those living with MBC. We need to ensure more treatment options are available for all people facing breast cancer, especially when treatments stop working.

Know Your Risk. Knowing your family history is lifesaving. Talk to a doctor about your family history and see how that history impacts your risk of breast cancer.

1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S.



Get Screened. For those at average risk, have a mammogram every year starting at age 40. If you have any signs of breast cancer, finding it early and treating it early may save your life.

Know Your Normal. It's important to know what's normal for you so you can talk with your health care provider if something doesn't look or feel right.

The two most common risk factors of breast cancer are being born female and getting older.



Make Healthy Lifestyle Choices. Living a healthy lifestyle is within your control and may lower your risk of breast

cancer. Maintain a healthy weight, limit alcohol intake and exercise regularly. It all matters when it comes to your overall health and risk of disease.

Take Action. There are many ways you can join our fight to save lives. Whether it's by supporting one of our generous corporate partners; becoming an Advocacy Insider; fundraising through the Race for the Cure, MORE THAN PINK Walk or our Komen 3-Day; participating in a fundraising challenge on Facebook or creating a fundraiser of your own that is meaningful to you, your support can help us take action to invest in research and help those facing breast cancer today.

Need Help? The Komen Breast Care Helpline is a free resource available for every person, including survivors, caregivers, those living with metastatic breast cancer and people who have not yet been touched by breast cancer but have questions about how to better care for themselves. The Helpline specialists and oncology social workers provide emotional support and guidance to resources and Komen's other Patient Care Center services, such as financial assistance, access to screening and diagnostic services, and patient navigation.

For more breast cancer information and resources, visit komen.org.

**susan g.
komen.**



Weekly ACTIVITY SCHEDULE

MONDAY

- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:00pm Swoop Card Game (1st & 3rd Mon)
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 2:30pm Table Tennis
- 2:45pm Intermediate Spanish

TUESDAY

- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:45pm Beginners Spanish

WEDNESDAY

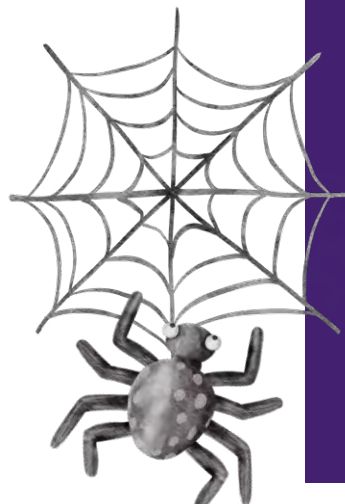
- 9:00am Bridge
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Advanced Poker Group
- 12:00pm Beginning Poker Group
- 12:00pm Knitting/Crochet/Sewing Group
- 1:00pm Book Club (1st Wed)
- 1:30pm Arts & Crafts Series (2nd Wed)
- 1:30pm Guitar
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY

- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
Tables drawn @ 9:45am
Play begins @ 10:00am
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:00pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)

FRIDAY

- 10:00am Downsizing Workshop (1st & 3rd Fri)
- 10:00am Grief Support Group (4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



"Aging gracefully
means finding
beauty in each new
season of life."

— Unknown



October

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pulled Pork Mac & Cheese Dessert	2 Ham & Cheese Quiche Green Salad Dessert	3 Baked Potato Bar Salad Dessert
6 Shredded Beef Tacos Mexican Rice Dessert	7 National Night Out Lunch 	8 Marry Me Chicken Mashed Potatoes Green Beans Dessert	9 Stuffed Bell Peppers Buttered Corn Dessert	10 Honey Butter Chicken Biscuits Fruit Dessert
13 Southern Chicken Bowls Dessert	14 Cheeseburger Soup Green Salad Dessert	15 Chicken Fajita Mexican Rice Dessert	16 Queso Chicken Bake Mexican Rice Beans Dessert	17 Pizza Green Salad Dessert
20 Potato Soup Salad Dessert	21 Chicken Pot Pie Green Salad Dessert	22 Beef Stew Green Salad Dessert	23 Sub Sandwiches Pasta Salad Fruit Dessert	24 Taquito Enchiladas Pinto Beans Dessert
27 Buffalo Chicken Wrap Carrot & Celery Sticks Chips Dessert	28 Chef's Choice Dessert	29 Hot Honey Glow Bowl Hot Honey Chicken over Brown Rice Roasted Veggies Dessert	30 John Wayne Casserole Green Salad Dessert	31 Halloween Potluck Frito Pie 



Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)



\$5 Donation/Lunch (Donations help make our fellowship meals possible)
Menus are subject to change





October HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
6	7	8	9	10
8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
13	14	15	16	17
8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
20	21	22	23	24
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Gym Hours 

Mon-Thurs: 8:00am - 6:00pm, Fri: 8:00am - 3:00pm

*Balance & Strength Class is FREE for all BSBAC Members





Class Descriptions

HEALTH & FITNESS



ACTIVE AGING

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength.

**Free to all members*



CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



DRUMFIT

DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.



EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



MINDFUL FLOW & CORE

Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.



PILATES

Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.



POSTURE STRENGTH

Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.



RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



SELF DEFENSE

Class incorporates gross motor skills by learning strikes. Practicing these strikes over and over in classes creates muscle memory allowing you to be able to protect yourself. You also will learn to project your voice to deter predators. (Boxing wraps are recommended for hitting the pad, but not required.)



YOGA

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



ZUMBA/ZUMBA GOLD

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks, helps you focus on specific muscle groups, so your muscles stay engaged.

October EVENT FLYERS & SPECIAL EVENTS



OCTOBER ARTS & CRAFTS

WEDNESDAY,
OCTOBER 8TH
AT 1:30PM

FALL PUMPKIN WALL OR DOOR HANGER

STYLES MAY VARY

\$5 DONATIONS GREATLY
APPRECIATED

PLEASE USE IN-CENTER
SIGN-UP TO REGISTER

OCTOBER DAY TRIP EL MERCADO

Come spend the day exploring
San Antonio's Historic Market Square.

Thursday, October 9th, 16th & 23rd
10am Departure
Lunch at
Mi Tierra Restaurant & Bakery

\$10 per person if riding the bus. Don't want to
ride the bus, follow along in your own vehicle.

*Day trips are reserved for BSBAC members on a
first come, first served basis. Bus fee will vary
per Day Trip depending on destination traveled.
Day Trip waivers must be signed prior to going
on any Day Trip. Thank you!

Flu Shot Clinic

by
SPRING BRANCH
PHARMACY
WELLNESS • COMPOUNDS • DELIVERY

Tuesday, September 16th
from 10am-12pm

Friday, October 10th
from 10am-12pm

Schedule your
appointment at:
**830-438-3111 or
stop by the
Front Desk**

Humana. A more human way
to healthcare®

Let's talk Medicare 101

Tuesday, October 14, 11:45 a.m.
Bulverde Spring Branch Activity Center
30280 Cougar Bend

Come enjoy lunch

You're invited Please join us to learn more about Medicare

• Come enjoy lunch
• Bring your friends!
No obligation to enroll.

Call or Email a Licensed Humana sales agent
to RSVP

Justin Cuadro
210-790-1785 (TTY: 711)
jCuadro1@humana.com
www.humana.com

Pink Out Day

♥ TUESDAY, OCT. 14 ♥
LET'S ALL WEAR PINK TO
FIGHT BREAST CANCER

GET YOUR DUCKS IN A ROW PRESENTATION

October 7, 2025
10 am

Bulverde Spring Branch Activity Center
30280 Cougar Bend, Bulverde, 78163

Learn more about the resources
you have to choose what happens
at end-of-life and to have those
choices honored.

Learn about end-of-life forms
Advance Healthcare Directives
Out of Hospital Do Not Resuscitate (DNR)
Power of Attorney & Medical Power of Attorney

Presented by: HOPE HOSPICE & PALLIATIVE CARE

VEGGIE CONFETTI

HOW TO GROW MICROGREENS

- LEARN THE BENEFITS OF MICROGREENS
- LEARN HOW TO GROW YOUR OWN MICROGREENS
- TAKE HOME YOUR OWN KIT!

TUESDAY, OCTOBER 21, 2025
11:45 A.M. - 12:45 P.M.

The Dementia Journey

What you need to know
and how **home instead** can help!

Join us for an informative session!
Location: Bulverde Spring Branch Activity Center
Date: Tuesday, October 22nd
Time: 10:00 AM - 11:00 AM

Presented by:
home instead.

HALLOWEEN PARTY

31 OCTOBER

FRITO PIE WILL BE SERVED
START AT 11AM
WEAR YOUR BEST
COSTUME

PLEASE USE THE IN-CENTER
SIGN-UP TO REGISTER



BULVERDE JUBILEE & CRAFT SHOW

Join us in
Celebrating our
Community!

Saturday
11/8
10AM - 3PM

30280 Cougar Bend
Bulverde, TX 78169

- ★ Parade
- ★ Kids' Activities
- ★ Vendor Booths
- ★ Food
- ★ Live Music
- ★ Raffle Items

SCAN FOR
REGISTRATION
&
SPONSORSHIPS



For More Information:

Reghan Swenson, rswenson@bsbac.com
DeLisa Leopold, dleopold@bsbac.com
830-438-3111, www.bsbac.com

Join Us! JUBILEE PARADE



COME OUT FOR A GREAT FAMILY FUN DAY!

Saturday
11/8
Parade starts
at 11:00

School groups, churches, non-
profits, businesses, etc.
Register your parade entry now!



Parade runs down Cougar Bend across Bulverde and up Heimer Cove.

For More Information:

Reghan Swenson, rswenson@bsbac.com or DeLisa Leopold, dleopold@bsbac.com
830-438-3111, 30280 Cougar Bend, www.bsbac.com

MONDAY, OCTOBER 27, 2025
9:30 AM

ANNUAL MEMBERSHIP MEETING

This meeting is to provide our members
a recap of the year's operations,
finances, and updates for the future.

Your attendance is appreciated.
Refreshments & pastries provided.



BULVERDE
SPRING BRANCH
ACTIVITY CENTER
est. 2018



BSBAC October Wishlist

\$25 GIFT CARDS (VARIETY OF PLACES)

DONATIONS TOWARD A NEW WATER HEATER (\$2100)

ASSORTED BASKETS

QUART & SNACK SIZED ZIPLOC BAGS

COFFEE CREAMER PODS

18 OZ SOLO CUPS

CANNED BEANS: PINTO, BAKED, CHILI, RANCH, ETC.

CANNED VEGGIES: PEAS, CORN, GREEN BEANS, ETC.

ASSORTED FRUIT CUPS

8 OZ BOTTLED WATER (INDIVIDUAL BOTTLES)

INDIVIDUAL JUICE BOXES OR BOTTLES
(NO POUCHES PLEASE)

If you would like to help us get these items or
would like to donate towards an item (no matter
how big or small...every bit helps our center),
please see Beth.

Thank you to those that have already donated!



October BIRTHDAYS

Adkins, Donna
Aguilar, Athena
Aguilar, Mary
Allchin, Kenneth
Alonzo, Simon
Anderson, Julia
Barron, Terry
Bomersbach, Eunice
Britz, Catherine
Cannon, Sandra
Carroll, Diana
Cauthon, Sandra
Chavez, Velda
Cicci, Michael
Clark, Vanessa
Coburn, Kim
Cockrell, Carman
Decambaliza, Marilyn
Denman, Allyn
Denny, Clifton
Denny, Ron
Diaz Reyes, Luis
Dingel, Susie

Doll, Larry
Erler, Debra
Evans, Mary
Flanagan, Mike
Fox, Kay
Gatlin, Bruce
Glasby, George
Glover, Samuel
Gonzales, Margie
Gonzales, Molly
Gonzales, Susan
Gosselin, Japke
Hancock, Michelle
Hardeman, Pam
Harkins, Nancy
Hatle, Gail
Hawkins, Ted
Henrich, Bill
Hernandez, Gloria
Hester, Matthew
Heye, Laura
Hitsman, Joyce
Hodge, Lori

Hodge, Ricky
Hood Sr., Rodney
Jennings, Mike
Jones, Bonnie
Jongewaard, Faith
Kaster, Annie
Khokhar, Pir
Klar, Allen
Laubach, Will
Lautner, David
Lautner, Vickie
Lilly, Kandy
Lindemann, Brenda
Lindquist, Rosalie
Masterson, Barbara
Matson, Karen
Mauger, Joan
McAninch, Darlene
McElmurry, Laurie
Mckinley, Elaine
Meeks, Rhonda
Moreno, Linda
Morgan, Julia

Nelson, Kimberly
Orosco, Lisa
Parsons, Barbara
Peterson, Pamela
Phillips, Cynthia
Plunkett, Wayne
Poole, Deborah
Ramirez, Emilio
Razo, Eusebio
Riley, Elayne
Roath, Jack
Rodriguez, Graciela
Rogers, Tonie
Scates, Jan
Schlagel, Sharon
Schmalstieg, Lydia
Schwaben, Christa
Scott, Ron
Seal, Olivia
Segovia, Ana
Sekel, Gene
Sharp, Eve
Shumate, Karen

Sifuentes, Elsa
Simmons, Kathy
Slangal, Deborah
Smith, Sherry
Solis, Cheryl
Sosa, Cecilia
Spradley, Priscilla
Tarbox, Dorothy
Temple, Judy
Trudeau, Clorinda
Uithoven, Cheryl
Varela, Flor
Velez-Begnoche, Wanda
Vickers, Donna
Vise, Melodie
Vonder Embse, Vicki
Walker, Donna
Wehe, Barbara
Weigensberg, Cheryl
Willars, Tonia
Williford, Ronald
Yarborough-Opp, Britni

Brain GAMES



AUTUMN



Q L W E J M E D I R Y A H K Z B N U T C V P
H N P G I B T S C U E T S O R F D R O S A M
R B S A Z D E P Q N J W I V G X T L E K F H
Y Q U I L T K J F U B H O A E C O L Q D B S
A K X L C V N R E D I P S L M R B H U Z I F
V W D O E J A P B G Z R Q H F A S M I T Y C
M O G F T W L E V S N B R U T N I A N P H Q
X R V R A K B Z J C H I L E P B U F O G W N
T C E J R H S A U Q S Y G W L K O S X H D M
D E H A G L I U M T F E B N O S R N E J P U
S R J C I Q P N O H V L U C A D M E F O K T
G A F K M J D L T U C S E O N H L P B I X U
U C R E T A E W S P D F M Z I B C O H N R A
J S M T P N F C Z R O I W Y A Q H D I L U E
I D Y U N S E V A E L Z C R H P O K M Q S B
B Z R A K E Q H D M X N R E S J P I C E T O
E I L S H Y C B G U K O P T D M F L A R L Z
P F R Q Y R O T X Z W J N B U L A S E M I D
W X B D O J H A R V E S T P C I O Q Y S N L
L H Z M S I J F W O R C A Q Y N K B P U G X

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



Commonyms*

1. Doctor - Mailman - Dominos
2. Miner - Dentist - Guitar Player
3. Aquarium - Army - Car
4. Sharp - Cream - Cottage
5. Debtors - Congress - Ducks
6. Car - Tree - Elephant
7. Corn - Baby - Olive
8. Picnic - Easter - Waste
9. Toilet - Fly - Wrapping
10. Lug - Wing - Square

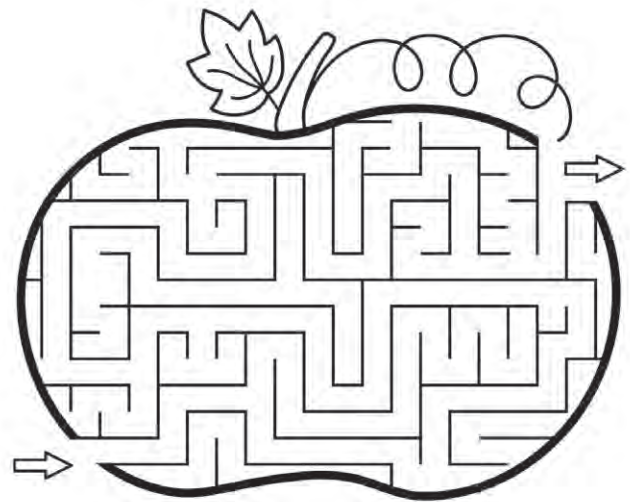


Sudoku

A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

		1	3	2				
		3		7		4	5	
		7						9
		6	5			7		
2								1
	9			1	4			
5						9		
6	1		2			8		
			9	8	5			

Solve the Maze



EXERCISE



Your Brain!



HEALTHY LIVING AND BREAST CANCER RISK

Resources

Susan G. Komen®
1-877 GO KOMEN
(1-877-465-6636)
komen.org

Related educational resources:

- + Breast Cancer 101 videos (specifically the following):
 - Finding a Healthy Balance
 - Diet and Nutrition
 - Exercise (Physical activity)
 - Alcohol
 - Tobacco
 - Bone Health
- + Breast Cancer Risk Factors



Eat fruits and vegetables

Eating fruits may be linked to a lower risk of breast cancer. And eating vegetables may be linked to a lower risk of some breast cancers.

Carotenoids are natural orange-red food pigments found in fruits and vegetables (such as carrots, tomatoes and sweet potatoes).

Women with higher blood levels of carotenoids have a decreased risk of breast cancer compared to women with lower levels. Fruits and vegetables are better sources of carotenoids over supplements, as supplements may have some health risks.

Don't Smoke

Women who smoke for many years may have a slightly increased risk of breast cancer.

Stopping or never starting smoking is one of the best things you can do for your health. If you smoke, there are health benefits to quitting at any age.

A note about emotional health

Taking care of yourself and having a sense of happiness and well-being is an important part of your health.

Practice gratitude by reflecting on the things you are grateful for and expressing them in a journal or letter.

- Do things that make you happy and bring balance to your life.
- If you are spiritual, meditate or pray. It may help you gain inner peace.
- Consider finding social support, it can help you emotionally and physically.

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FACTS FOR LIFE

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News YOU CAN USE



BREAST CANCER MYTHS DEBUNKED

The fact is ... mammograms can find breast cancer up to three years before it can be felt as a lump. Learn more breast cancer facts here.



Myth: If my mom had breast cancer, so will I.

Only 5 –10 percent of breast cancer cases result from a hereditary gene.

Myth: Men don't get breast cancer.

Men represent 1– 2 percent of all breast cancer cases in the U.S.

1-2%

Myth: Breast cancer often leads to death.

When found at its earliest stage, the breast cancer 5-year survival rate is 99 percent.

Myth: All lumps are cancerous.

Only a small percentage of lumps are cancerous. Have it checked by your doctor to be sure.

Myth: I need a mastectomy to effectively treat cancer.

Studies show lumpectomy with radiation has the same survival outcomes as mastectomy for early stage breast cancer.



Myth: Breast cancer hurts.

Early breast cancer is rarely painful. Breast pain is often caused by noncancerous conditions such as hormonal changes or cysts.

Myth: You can't lower your risk.

Ninety percent of breast cancers are largely due to lifestyle and environmental factors, such as healthy weight, alcohol use and activity levels.



Center HAPPENINGS



September Arts & Crafts - Diamond Art Coasters



Have you seen our new BSBAC Swag Shop?

Every \$1 you spend in our gift shop is a \$1 raised for our classes and building. Shop with a purpose and show off your favorite BSBAC gear!



Bulverde Police Department promoting National Night Out 2025!

We had a surprise performance for our members courtesy of Sylvia Hill's talented family.



Happy Birthday



Sandy Phelps



Congratulations on being our September Birthday Winner!



We've had a great month of presentations, vendors, and clinics for our Active Aging Month. Be sure to check out the schedule and flyers for October's presentations and vendors.



We love seeing the smiling faces of our members each day!





October WHAT'S IN SEASON?



Pear

HEALTH BENEFITS

MEDICINAL PROPERTIES

Digestive, Laxative

Main Applications

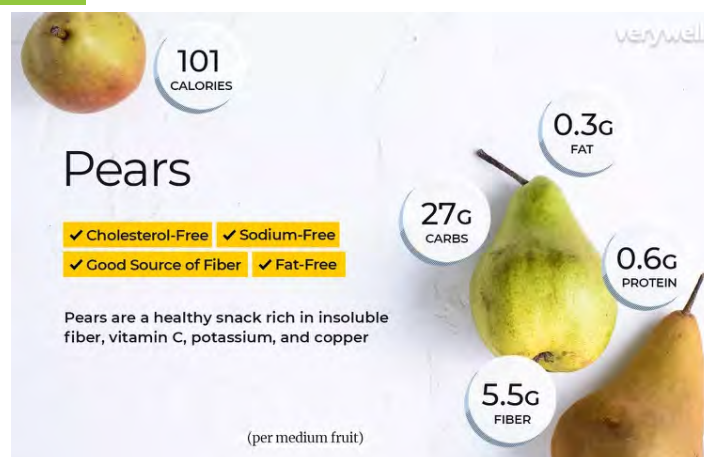
- Relieving mild constipation
- Improving stomach and intestinal health

Supportive Compounds

- Fructose
- Phenols

Medicinal Actions

The digestive and laxative benefits of pear are attributed to its high levels of **dietary fiber**, which work along with **fructose** to alleviate constipation. The exact method of action that helps lower cholesterol and improve intestinal health is yet to be known, but it is thought to be related to the **phenols** present in pear.



How to Use Pear

- RAW
- COOKED
- JUICE
- DRIED
- POWDER



Did you know?

Raw pears **should be eaten with their peel** in order to fully reap their health benefits and nutritional value. However, pears benefits can also be obtained by using them in salads, canned, baked, poached, pureed, or added to jellies and jams.

GUIDE TO PEARS



BARTLETT
SWEET, SOFT + JUICY
USE: COOKING + SALADS



RED D'ANJOU
SWEET, GOOD FIRM OR SOFT
USE: SALADS



TOSCA
SWEET, SMOOTH + JUICY
USE: SALADS, BAKING + POACHING



CONCORDE
SWEET, DENSE + CRISP
USE: BAKING/DOESN'T NEED TO BE SOFT



BOSC
FIRM, SWEET-SPICY + CRISP
USE: POACHING/BAKING



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